



# CFA Today

January 2004

Volume 9, Issue 1

## MWR Phone Numbers:

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Physical Fitness Center	833-2159
Vending Hot Line	833-2727

**Sign up for the Blood  
Drive—Thursday,  
January 22, 2004 at  
TEAD's Fitness  
Center-833-2852**

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## Troops Enjoy Thanksgiving Dinner



served by their commanding officer, Captain Keener. There was everything from hot roasted turkey, ham, vegetable trays, vegetable medley, yams, shrimp appetizers, hors d'oeuvres, mashed potatoes, gravy, rolls, and all the pies you could ever imagine, including MWR "Big Daddy's Sweet Potato Pie." Troops were fed in shifts.

The aroma of a wonderful formal Thanksgiving Day dinner greeted cold, weary, hungry troops stationed at Tooele Army Depot when they entered Deseret Chemical Depot's conference room on Thursday, November 27, 2003. It was hosted by Tooele Army Depot Morale, Welfare, and Recreation (MWR) volunteers: John Curwen, Doug Wolter, Richard and Becky Trujillo, J.J. Wolter, Burt Taylor, and Jodi Hammerstrom. The room was bright and cheery, decorated in traditional Thanksgiving trimmings. Opening ceremonies were conducted by Major Rice who gave the time-honored blessing on the food with thankfulness for all we receive in this great country of ours.

Colonel Cooper and his family were in attendance and he shared his appreciation for such a nice dinner in honor of our troops who are here to serve us. As is the custom in the military, troops were

After all was said and done, they applauded MWR. One soldier came up and said "It was really more than we ever expected, we thought we would be eating on Styrofoam plates with plastic utensils but we were impressed with not only the great food but all the decorations and the formal settings with real china and silverware, thank you." Many expressed their gratefulness, not only for the great dinner, but the time and energy that was given in their behalf.



MWR Volunteers (Pictures by Richard Trujillo)



"And,....Santa, we want....."

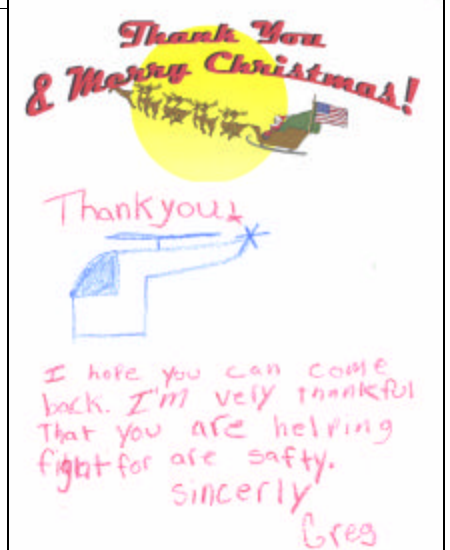


"Maybe if I cover my eyes



## "A Visit With Santa"

The cold and frost on Saturday morning, December 6, 2003, didn't keep children from coming to see Santa and Mrs. Claus. The first group arrived at 8:30 AM. Commander Ripley and Susan Brown gave each child a sheet of letterhead to write a note thanking the soldiers for their protection, along with a patriotic pennant to color. They were seated at tables in the theater where cookies and milk were served. Christmas videos were playing throughout the Eagle's Nest. By 9:00 AM, the theater was packed with children eager to see Santa.



Checking out the goodies.

Finally, much to the children's delight, the fire engine arrived with Santa and Mrs. Claus. Santa, followed by Mrs. Claus made a circle around the theater, waving at the children as they passed. As soon as Santa and Mrs. Claus were seated in the solarium, a line formed and as each child sat on Santa's lap, they imparted their long list of Christmas wishes. After having their picture taken and receiving a stocking, they picked up their pictures from Mrs. Cooper and were ready to head for home and dream of the Christmas day to come.







"Santa, what big eyes you have."



"I love you Santa."



"But Mom, I don't want to go."



Santa's Helpers



A letter to our soldiers.

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**"A Visit With Santa" - Continued****Santa's Helpers****A Day at Baltimore Airport**

Dear Friends and Family,

I hope that you will spare me a few minutes of your time to tell you about something that I saw on Monday, October 27. I had been attending a conference in Annapolis and was coming home on Sunday. As you may recall, Los Angeles International Airport was closed on Sunday, October 26, because of the fires that affected air traffic control. Accordingly, my flight, and many others were canceled and I wound up spending a night in Baltimore.

My story begins the next day. When I went to check in at the United counter Monday morning I saw a lot of soldiers home from Iraq. Most were very young and all had on their desert camouflage uniforms. This was a change from earlier, when they had to buy civilian clothes in Kuwait to fly home. It was a visible reminder that we are in a war. It probably was pretty close to what train terminals were like in World War II.

Many people were stopping the troops to talk to them, asking them questions in the Star Bucks line or just saying "Welcome Home." In addition to all the flights that had been canceled on Sunday, the weather was terrible in Baltimore and the flights were backed up. So, there were a lot of unhappy people in the terminal trying to get home, but nobody that I saw gave the soldiers a bad time.

By the afternoon, one plane to Denver had been delayed several hours. United personnel kept asking for volunteers to give up their seats and take another flight. They weren't getting many takers. Finally, a United spokeswoman got on the PA and said this, "Folks, as you can see, there are a lot of soldiers in the waiting area. They only have 14 days of leave and we're trying to get them where they need to go without spending any more time in an airport than they have to. We sold them all tickets, knowing we would oversell the flight. If we can, we want to get them all on this flight. We want all the soldiers to know that we respect what you're doing. We are here for you and we love you." At that, the entire terminal of cranky, tired, travel-weary people, a cross-section of America, broke into sustained and heartfelt applause. The soldiers looked surprised and very modest. Most of them just looked at their boots. Many of us were wiping away tears. And, yes, people lined up to take the later flight and all the soldiers went to Denver on that flight. That little moment made me proud to be an American, and also told me why we will win this war. If you want to send my little story on to your friends and family, feel free. This is not some urban legend. I was there, I was part of it, I saw it happen.

Will Ross  
Administrative Judge  
United States Department of Defense

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## FAMILY SUPPORT SERVICES

### Coping with Depression

#### What is Depression?

Depression is one of the most common and treatable of all mental disorders. It is a real illness, not a passing blue mood or sign of personal weakness. Symptoms of depression affect thoughts, feelings, the body and behavior. Without treatment, the symptoms can last for months, years, or a lifetime.

#### How Does Depression Differ from “the Blues?”

Everyone feels “blue” or “down” over certain things that happen. Grieving over a loss, feelings of sadness, or discouragement are natural parts of the human healing process. But when these feelings last for more than two weeks, the person may be suffering from depression that requires treatment.

#### What are the Emotional Signs?

Persistently feeling hopeless, worthless, guilty, sad, bored, having recurring thoughts of death or suicide, and/or exaggerated guilt or fears about physical disease or poverty are all emotional signs of depression.

#### What are the Physical Signs?

Physical signs include low energy, fatigue, a sloppy appearance, sleeping problems, loss of appetite, unexplained weight loss or gain, irritability, digestive problems, excessive crying, difficulty concentration or making decisions.

#### What are the Social Signs at Work?

Some signs of depression in the workplace are decreased productivity, poor performance, morale problems, lack of cooperation, excessive worry, frequent accidents, absenteeism, chronic aches and pains or health changes that seem to have no cause, and frequent complaints of being tired.

#### What are the Hidden Signs?

Depression is often ignored or attributed to stress, the flu, emotional problems, a personality weakness, or alcohol and drug abuse. Becoming familiar with the signs of depression can aid in early diagnosis, so people can be treated as outpatients and avoid lost time at work as well as high treatment costs.

#### Can Depression be Cured?

Nearly all depressed people who receive proper treatment do recover. People with mild depression respond very well to “talk” therapy, and 90 percent of all depressed are successfully treated with anti-depressant drugs.

Over ten million Americans of all ages, nationalities, backgrounds and lifestyles – suffer from depression. One in four women and one in ten men either have, or will develop depression. Episodes can occur once, twice, or several times in a lifetime.

(For more information, contact the Family Support Office—833-2852, building 1012.)

## OUTDOOR SHOP

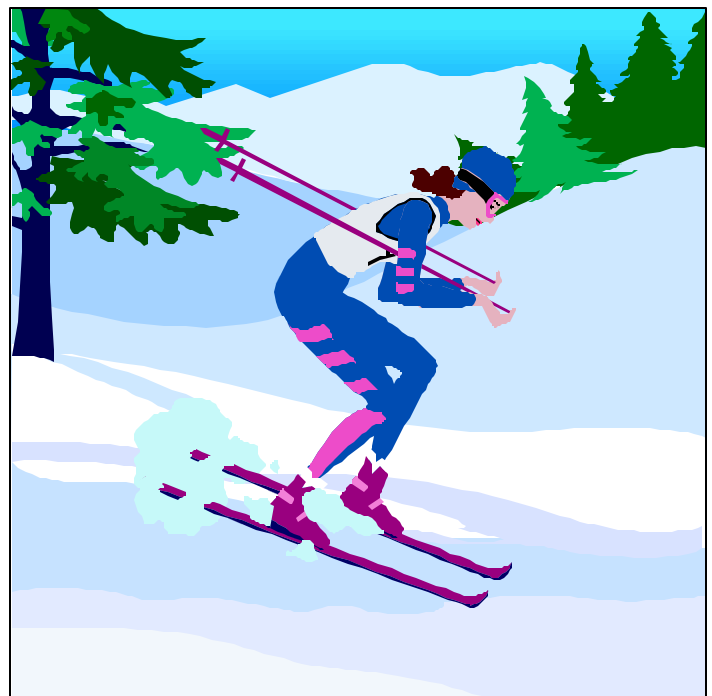
by Lita McLemore

### Hit the Slopes with Burton Snowboards and Salomon Snowblades

The newest equipment on the resorts these days are the new alpine snow blades. Snowblades are extremely foreshortened downhill skis with turned tips. They are great for beginners because there is less ski mass to control and make it harder to “cross tips” resulting in a face plant, and making it much easier to turn. This new technology also provides a great way to train balance.

Snowblades are fun for intermediate and advanced skiers because they provide freedom and make doing “tricks” a breeze. Skiers can easily perform 360-degree movements, aerials and execute rapid turns with ski blades, which were patterned after the land version – roller-blades. You don’t need to use poles with snow blades; however, they can be useful for maintaining balance during your first runs. Snowblades are designed for use on groomed slopes, and have a non-releasable binding, which attaches to any downhill ski boot. When you get used to it, you can increase your speed and will be able to discover many different possibilities. This fun and technical concept offers freedom for expressing creativity and imagination for the user who is looking for new experiences.

The Outdoor Shop has a limited quantity of new Salomon Snowblades. Come by today and rent a set for the low price of \$8 per day, or \$10 for the three-day weekend. We have also acquired a number of new Burton snowboards and boots for rental this season, at the low price of \$13 per weekday. (Note: Rental of all alpine equipment is on a first-come-first-serve basis, no reservations taken.)



## FITNESS CENTER

### FITNESS QUIZ NO. 2

1. Although anaerobic exercise does not build cardiovascular fitness, it can build \_\_\_\_\_ and \_\_\_\_\_.
  - a. Flexibility and speed
  - b. Strength and endurance
  - c. Power and greater range of motion.
2. Joan weighs 125 lbs. 38 lbs of Joan's body weight is fat. Sally weighs 140. 31 lbs. Of Sally's body weight is fat. Both women are the same height. Which woman is more fit?
3. The burning sensation that sometimes results from continued activity is a result of \_\_\_\_\_.
  - a. Lactic acid buildup
  - b. Muscle contraction
  - c. Too much oxygen
4. True or False: During exercise, drink water only after you become thirsty, and then only enough to quench your thirst.
5. Which of the following are necessary to achieve cardiovascular conditioning?
  - a. A regular program of stretching exercises
  - b. Exercising 5-6 days a week
  - c. Exercising within your Target Heart Range
  - d. Weight training
6. Aerobic means \_\_\_\_\_.
  - a. Hard work
  - b. With muscles
  - c. Without strain
  - d. With oxygen
7. True or False: It is not possible to over-exercise.
8. Which weighs more, a cubic foot of muscle or a cubic foot of fat?
9. Regular exercise will help you \_\_\_\_\_ your resting heart rate.
  - a. Maintain      c. prevent
  - b. Increase      d. lower
10. True or False: The basic rule of stretching is to bounce firmly to get muscles really limber.

(Answers are in the next column.)

10. False. Bouncing causes muscles to be stretched too far too fast and can lead to soreness or injury.
9. d. Because your heart is able to pump more blood with each beat, fewer beats per minute are required.
8. Muscle. It is not uncommon for an over-fat person to actually gain weight after beginning a regular exercise program.
7. False. Exercising too hard or too often with the same activity can actually result in loss of muscle.
6. d. Aerobic activity uses oxygen to release stored energy. A regular program of aerobic activity improves the body's ability to process and deliver oxygen, which improves energy reserves.
5. c. To achieve cardiovascular conditioning, you should exercise within your Target Heart Range for a minimum of 20 minutes, three times a week.
4. False. You can become dehydrated long before you become thirsty. You will also quench your thirst long before you replenish your body supply of water.
3. a. Lactic acid is a by-product of burning carbohydrates for immediate energy. Your body uses oxygen to remove lactic acid. If you continue to exercise beyond your body's ability to provide enough oxygen, muscle pain can occur.
2. Sally. Even though she weighs more, Sally's body composition is 22% fat while Joan's is 30% fat. For women, the ideal percentage of body fat is 15-20%; for men, 12-16%.
1. b. Strength and endurance are two key elements to muscular fitness. Build strength by steadily increasing the workload of a muscle; build endurance by increasing the number of times the muscle must repeat the action.

### ANSWERS TO FITNESS QUIZ NO. 2



## ARTS & CRAFT CENTER

by Jan Kofford

**“New Year Potluck Lunch”** will be Saturday, January 29, 2004. Bring a food dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.) Each month will bring a new theme for our potluck lunches. Watch for the next one.

### *Hours of Operation:*

Sunday—Thursday  
2:00 PM to 8:00 PM  
Friday—Saturday  
9:00 AM to 8:00 PM

### **Schedule for Classes:**

Basic Pottery Skills  
By appointment

### **NEW Drawing Class For Children**

Wed 2:00 PM—3:00 PM  
12-Week Course

Farrell Bailey & Jvonne Jarvie  
Wed 6:00 PM—8:00 PM

### **Schedule for Certification:**

Ceramic Tec.	Tue—5:30—7:00 PM
Ceramic Cert.	Tue—5:30—7:00 PM
Wood Shop Cert	Thur—5:30—7:00 PM
Lapidary Cert	Thur—5:30—7:00 PM
Do It Yourself Framing	
Individual Appointment	

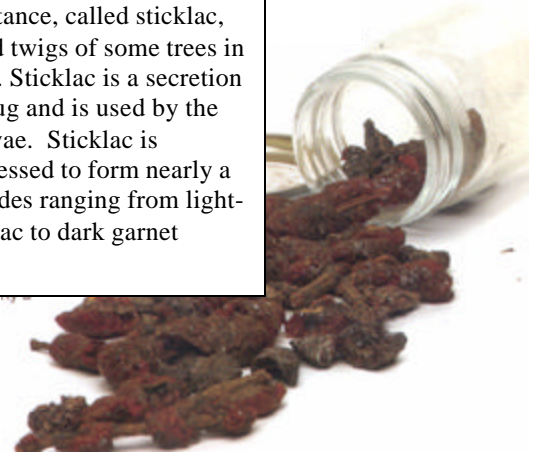
## Wood Finishing Tips:

by Peter Gedrys

### **Versatile Shellac (A four-part series)**

We are always searching for that perfect one-stop wood finish: It should be easy to apply, dry quickly, and color the wood at the same time. Modern combination stains and finishes have grown in popularity because they meet these needs. But to my eye, they tend to impart too much color, and those that are pigment based can leave a cloudy appearance. Instead, I rely on a tried-and-tested combination finish. Shellac's ability to impart color is unmatched by any other finish: It can add fire or glow to the wood naturally. In my classes, after padding out a piece of mahogany, I've heard students remark, "I didn't realize you could do that." They were reacting to the rich color and depth obtained using only shellac.

All types of shellac start life as a brown, crusty substance, called sticklac, that appears around twigs of some trees in India and Thailand. Sticklac is a secretion made by the Lac bug and is used by the bug to wrap its larvae. Sticklac is harvested and processed to form nearly a dozen different grades ranging from light-colored blond shellac to dark garnet shellac.



I'll talk about the different types of shellac available and the best methods of applying them and give you tips on which colors go best with different types of wood.

### **Shellac flakes have many advantages**

Buying dry shellac flakes and dissolving them in denatured alcohol has several advantages over buying and using premixed shellac. First, the dry flakes can be stored almost indefinitely without spoiling (once dissolved, shellac should be used in as little as six months.) Also, compared with premixed versions, dry flakes offer a wider choice of grades and colors, and they're less expensive.

The ratio of dry shellac to denatured alcohol is known as the cut. Three pounds of shellac flakes in 1 gal. Of alcohol is known as a 3-lb. Cut, 2 lb. Of flakes equals a 2-lb. Cut, and so on.

One of the most frequently asked questions I get is, "What cut should I use?" After using shellac for many years, I don't worry about exact measurements, relying instead on viscosity. I liken the viscosity to various dairy products: My initial mixture will be that of heavy cream; from that it can be thinned to light cream and then to skim milk. If you're a novice, this takes the exactness out of the equation and makes it easier to understand. After all, how often do you pour milk or cream?

However, for those who prefer exact numbers, I usually start with 5 oz. of flakes in 8 fluid oz. of alcohol, which is the equivalent of a 5-lb. Cut. I cut this by 50% to form a 2 ½ -lb. cut for the initial application, then cut this again by 60% for a roughly 1-lb cut for brushing on the last coat or two or when padding.

To speed up the dissolving rate, I use a small dedicated coffee grinder to reduce the flakes to a powder. I then add this to denatured alcohol. To further speed up the process, I set the container of solution in a warm spot or in a warm-water bath, being careful to avoid getting water in the shellac. Stir or agitate occasionally, and the shellac should be fully dissolved in a few hours.

There will be various amounts of residue, depending on the grade of shellac. Filter the solution through a paint strainer (or nylon stocking,) and you're ready to go.

# WATCH FOR THE EAGLE'S NEST GRAND OPENING!

## JANUARY LUNCH MENU

**Monday, January 5, 2004**  
Fried Chicken

**Tuesday, January 6, 2004**  
Pork Chops

**Wednesday, January 7, 2004**  
Taco Plate

**Thursday, January 8, 2004**  
Spaghetti

**Monday, January 12, 2004**  
Halibut Steak

**Tuesday, January 13, 2004**  
Salisbury Steak

**Wednesday, January 14, 2004**  
Polish Dogs & Sauerkraut

**Thursday, January 15, 2004**  
Pork Roast

**Lunch:  
11 AM  
to 1 PM**

**Monday, January 19, 2004**  
*Martin Luther King Holiday*

**Tuesday, January 20, 2004**  
Enchilada's

**Wednesday, January 21, 2004**  
Smoked Beef Brisket

**Thursday, January 22, 2004**  
Sweet & Sour Chicken &  
Ham Fried Rice

**Monday, January 26, 2004**  
Liver & Onions

**Tuesday, January 27, 2004**  
Barbecued Ribs

**Wednesday, January 28, 2004**  
Catfish

**Thursday, January 29, 2004**  
Roast Beef



## “Lunches are Back”